

Child Care Health Consultation Lesson Plan

Contractor Name: Standard Lesson Plan

Date Submitted: January 15, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
Select one standard and one level	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
	<input checked="" type="checkbox"/> Promoting Healthy Eating	

Title: Dietary Guidelines for Americans – Eating Healthy on a Budget

Training Goal: Participants will gain information for healthier eating and increasing physical activity from the science-based “Dietary Guidelines for Americans” (2010)

Learning Objective(s): Participants will

- Acquire techniques to plan, purchase, and prepare healthy meals on a budget
- Acquire skills for making meal & snack plans ahead of time
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Topical Outline of Content	Training Method(s)	Time (in minutes)
<p>NOTE TO TRAINER: All supporting training documents (activities/quizzes/video clips, powerpoint slides, handouts) , & evaluations can be accessed and downloaded at: http://health.gov/dietaryguidelines/workshops/</p> <p>Introduction – Review the Learning Objectives</p> <p>Objective 1: Three steps for healthy eating on a budget—planning, purchasing, and preparing ; Review handout: <i>Healthy Eating on a Budget</i> ; Video: <i>Budget Stretching Healthy Meals</i></p> <p>Objective 2: Planning meals and snacks ahead of time ; Review handout: <i>Weekly Meal Planner</i> Activity– Review handout: <i>Grocery List</i> ; Review Increasing Physical Activity ; Review handout <i>MyPlate</i> and how to use <i>10 Tips to Eat Better on a Budget</i></p> <p>Optional activity: Grocery Store field trip or simulation</p> <p>Wrap-up/Q&A/evaluations</p> <p>Grocery Store Field Trip: Your local supermarket may be able to arrange a store tour for your group with its registered dietitian (RD). At the store, participants use their shopping lists to locate the healthy sale items and search the aisles for other healthy foods. The RD could simulate this by bringing sample items and discussing them if a field trip isn't possible.</p>	<p>If a field trip is chosen for activity, it would be helpful if training was scheduled at the store (meeting room or deli)</p> <p>Intro</p> <p>Lecture/Discussion Handouts Video Clip</p> <p>Lecture/Discussion Handout Activity</p> <p>Group Activity or Use guest lecturer/simulate field trip activity</p>	<p>5 min</p> <p>10 min</p> <p>15 min</p> <p>30 min</p>

Method(s) of Outcome Evaluation: Participation in group activities, discussion, Q & A, Evaluation

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Date Approved: Jan 15, 2015	Authorized Approval Signature: 	Date Expires: January 2018
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